

Women of Courage
March 21, 2023
“The Power of Thought”

2 Corinthians 10:4 – KJV – For the weapons of our warfare are not carnal (flesh) but mighty (powerful, capable) through Jehovah to the pulling down (demolition, extinction, destruction) of strongholds (to hold, such as possession, meaning to fortify, through the idea of holding safely).

2 Corinthians 10:5 – KJV – Casting down (to lower, or with violence, demolish, destroy) imaginations (to take an inventory, reasoning, conscience, conceit) and every high thing (elevated place) that exalteth itself against the knowledge (to know, knowing) of Jehovah and bringing into captivity (to make capture, lead away captive, properly a prisoner of war) every thought (a perception that is, purpose, intellect, disposition, mind) to the obedience (attentive hearkening, listen, compliance or submission of Christ).

Perception – It is a cognitive process by which people attend to incoming stimuli, organize, identify and interpret such stimuli into behavior.

The Power of Thought! Why are our thoughts so powerful. Our thought life can be dangerous. Wrong thinking when it is conceived can be put into reality and bring more destruction and dysfunction if not controlled by the mind of Life given to us through repentance (James Chapter 1). How does thought change our moods, actions, environment. Why do so many intellectuals spend their time in thought and in teaching critical thinking. Because where the mind goes the man follows. As a man thinks in his mind, so is he. Our thoughts can control us. Thoughts can change your mood and the environment around you. It can cause you to begin to go places. Past situations that you have had and have no control over, yet in our laziness we will go back to the mess because we feel we can correct it, fix it, make it better...etc.

Steady persevering thought sets up a definite habit (to put on) of the mind and that habit manifest itself as a quality in the character. The thread of thought is woven into mental and moral qualities and these qualities in their totality form what we call character. You can build your character as surely as a mason can build a wall, working with and through the law (instruction).

The first step towards a deliberate creation of character lies then in the deliberate choosing of what we will think and then persistently on the quality chosen. Soon there will be a tendency to “evince” that quality, a little longer its exercise will become habitual. Thought makes character.

Evince – The available body of facts or information indicating whether a belief or proposition is true or valid.

Romans 12:2 – KJV – And be not conformed (to fashion alike, same pattern) to this world (age), but be ye transformed (metamorphose, change) by the renewing of your mind, that you may prove (to test, to approve, discern, examine) what is good and acceptable (well pleasing, fully agreeable) and perfect (complete of mental and moral character) will (determination) of Jehovah.

Everything we see in our world as a thought, a design before it became a reality. Creation was in the mind of Jehovah and became a reality when Jehovah spoke his design into being.

A memory can cause all kinds of emotions. A thought can manifest many emotions. What happens to your body when your brain is thinking.

-Stress (or negative thoughts) can worsen physical illness.

-Fear can lead to increases in certain chemicals that prepare us through fight or flight.

-Thoughts start chain reactions that allow us to contract our muscles

**The Science of healing thoughts – Jo Marchant –
Dr. Don Kim – Holistic Healing**

Endorphins, your bodies natural pain, relieving chemicals are released when you think positively. Endorphins are chemical signals in the brain that block the perception of pain and increase feelings of wellbeing. They are produced and stored in an area of the brain known as the pituitary gland. Doctors say that positive thinking supports positive changes in your body. Paul in the book of Philippians was writing to the believers in Philippi to practice a thought life based in the word of Jehovah. That they would have the peace and rest of Jehovah in their minds.

Php 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Php 4:9 What you have learned and received and heard and seen in me— practice these things, and the God of peace will be with you.

The scripture says in James 1:14-15 – But each person is tempted when he is lured and enticed by his own desire. The desire when it has conceived gives birth to sin and sin when it is fully grown brings forth death.

A mind renewed in the Word of Jehovah should produce right conduct and character before the Lord (Galatians 5:22). But a mind, set against the Lord, James says, produces death when it is birthed. We must repent and born again to start the process of right thinking, being renewed everyday in the Word of Jehovah and setting our mind, deliberately, to that process.

Romans 8:5-6

Hebrews 4:2,12

Isaiah 26:3

Proverbs 4:1-26,28

Psalms 139:17-18

Psalms 19:14

Ephesians 4:22-32

2 Timothy 1:7

Matthew 5:28

Isaiah 55:7-8

Mark 7:20-23

Luke 6:45

Proverbs 21:2

2 Corinthians 4:4,16-18

Romans 1:28, 7:23

Proverbs 16:2, 23:7

Colossians 3:2-5

1 Corinthians 1:10-13

Colossians 3:1-2

1 Peter 1:13

Psalms 139:1-2,23-24

Matthew 15:11

Proverbs 3:5

John 14:27

Romans 8:6

Proverbs 17:22

Proverbs 14:12

Philippians 2:5

Romans 12:3

